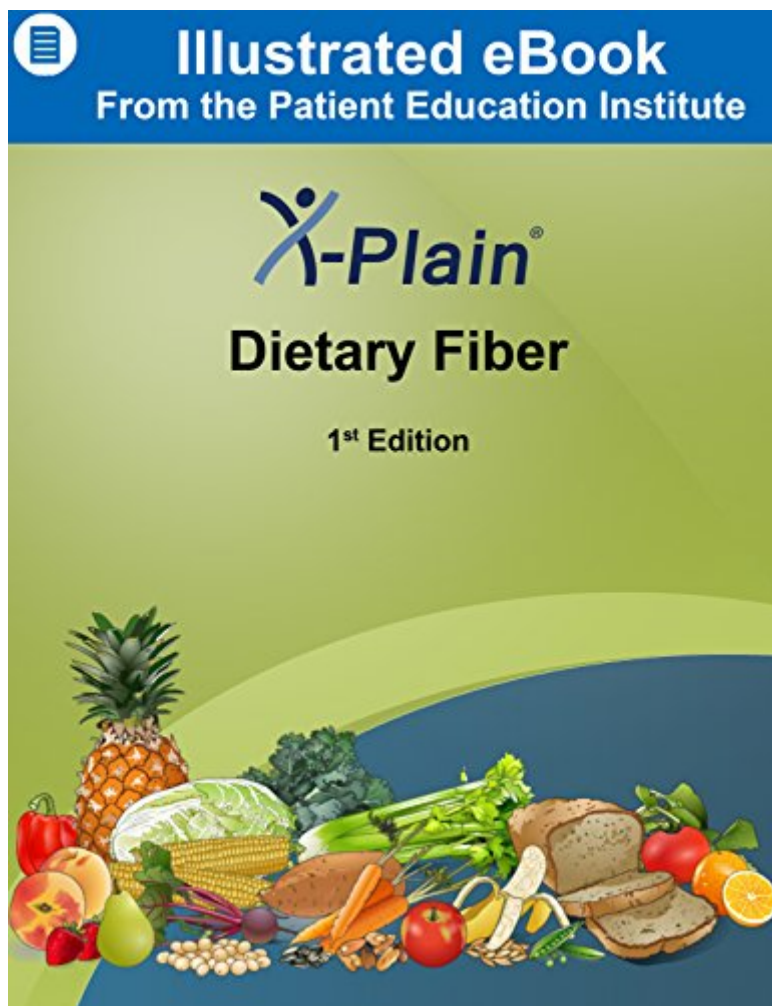


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X-Plain Â® Dietary Fiber



Synopsis

This is the first edition of X-Plain's® Dietary Fiber. This easy-to-read, illustrated eBook is written and updated by the Medical Advisory Board of the Patient Education Institute. Fiber is a substance in plants. Dietary fiber is the kind of fiber you get from the foods you eat. Fiber is an important part of a healthy diet. Fiber helps get rid of excess fats in the intestine. It also helps push food through the intestines. This introductory eBook helps you become familiar with dietary fiber. The program includes the following sections: • Dietary Fiber • Sources of Fiber • Benefits of Fiber • Recommended Amounts • High-Fiber Diet Purchase this title to gain instant access to the X-Plain illustrated booklet on dietary fiber today.

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